Part I: Nutrition and Skin: The Scientific Basis

1 Cutaneous Changes in Nutritional Diseases ...................... 3
   Matthias Schmuth and Peter O. Fritsch

2 Skin Aging ................................................. 15
   Jean Krutmann

3 Non-melanoma Skin Cancer ................................. 25
   Mark Berneburg

4 Skin Barrier Function ....................................... 35
   Peter M. Elias and Joan S. Wakefield

Part II: Functional Food for Skin Works: Intervention
         Studies in Humans and Animal Models

5 Botanical Antioxidants for Skin Protection: An Overview ........ 51
   Farrukh Afaq and Hasan Mukhtar

6 Systemic Photoprotection by Carotenoids ......................... 65
   Wilhelm Stahl

7 Systemic and Topical Use of Green
   Tea Polyphenols for Healthy Skin .......................... 71
   Aton M. Holzer, Nabiha Yusuf, Brandon Tisdale,
   Santosh K. Katiyar, and Craig A. Elmets

8 Flavonoid-Rich Nutrients for the Skin .......................... 85
   Wilhelm Stahl

9 Omega-3 Fatty Acids and Skin ................................. 91
   Suzanne Margaret Pilkington and Lesley Elizabeth Rhodes

10 Potential Benefits of Soy for Skin, Hair, and Nails ............ 109
    Robert M. Blair and Aaron Tabor
11 Photoprotection by Nicotinamide ........................................ 119
   Diona L. Damian and Gary M. Halliday

12 Probiotics and Regulation of Immune Responses .............. 129
   Josette Péguet-Navarro

13 Prebiotic Cosmetics ....................................................... 137
   Rainer Simmering and Roland Breves

14 Micronutrients for Hair and Nails ..................................... 149
   E. Haneke and Robert Baran

Part III: How to Use Functional Food in Clinical Dermatology

15 Legal Aspects: How Do Food Supplements Differ
from Drugs, Medical Devices, and Cosmetic Products? ......... 167
   Helena Karajiannis and Catherine Fish

16 How to Prove Safety and Efficacy
   in Nutrition-Based Intervention Studies for Human Skin ...... 181
   Christiane Montastier, Sophie Mac-Mary, Jean Krutmann,
   and Philippe Humbert

17 Beauty from Inside: Nutrition-Based Strategies
   in Cosmetic Dermatology ............................................. 189
   Philippe Humbert, D. Binda, S. Robin, and Jean Krutmann

Appendix  ................................................................. 197

Index ................................................................. 203